



At the end of year one I will know and remember...

### Being me in my world

I can explain how my choices can have an impact on people in my immediate community and globally.

I can empathise with others in my community and globally and explain how this can influence the choices I make.

### Celebrating Difference

I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.

I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.

### Dreams and Goals

I can compare hopes and dreams with those of young people from different cultures.

I can reflect on the hopes and dreams of young people from another culture and explain how this makes us feel.

I can begin to understand the importance of money through recognising that different jobs earn different amounts of money.

### Healthy Me

I can explain different roles that food and substances can play in people's lives.

I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.

I can summarise different ways that I respect and value my body.

### Relationships

I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.

I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.

### Changing Me

I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.

I can also summarise the process of conception.

### Wider Community

I can identify different ways that I can keep myself safe around fire and fireworks.

I recognise that other people might choose to act differently around fire and fireworks.